

INSIGHTS  
February 2009

Dear Friend:

As we enter the month of February, we're going directly from an intensified internalization cycle into a powerful externalization cycle. If you've been working to stay in harmony during January, you are going to love the month of February. I expect you'll feel like you just got a big shot of adrenalin. At times, this energy can even seem euphoric. You just want to take off and fly. Of course, I have to remind you (as I always must) to remember that not all people have been working to be in balance and will suffer the resulting emotional chaos. So you can expect the people you meet during this month to either be smiling happily, feeling that they have the world on a string; or being sullen, uncooperative, and glaring at you as though they'd like to slap that smile off your face! Remember....strive to live consciously and to practice discernment and compassion.

So you can expect the people you meet during this month to either be smiling happily, feeling that they have the world on a string; or being sullen, uncooperative, and glaring at you as though they'd like to slap that smile off your face! Remember....practice kindness (laughing now).

A lot of things are happening this month. There are strong aspects beginning in February and continuing through April around water, which will cause flooding, plumbing problems, and need for repairs due to water damage. With these aspects, you also want to be very careful when you do your laundry because you're more likely to inadvertently toss that expensive "Dry Clean Only" garment into a hot-water wash. These aspects affect us in a lot of different ways. As I've told you many times, the erratic energy of these times will continue to affect the world economy. During this month, we'll begin to see political scandals that will continue throughout the rest of this year as well as an escalation of violence, both in personal relationships and throughout the world. In fact, these aspects bring violence (as witnessed every night on our television newscasts) and are going to escalate by year's end into another world war.

I know that my mention in last month's newsletter (that there was powerful focus on health throughout 2009) created a great deal of concern for many of you. I can't begin to tell you the number of people who became very concerned by this prediction and have asked me to elaborate. It's really important for you to understand that when I say the word "aspect", I simply mean that there is an energy at work in our lives that tends to create a particular response in us. The energies that are at work in this time are powerfully focused into the physical. This means that we are ALL going to be urged to pay attention to our physical bodies. Aches, pains, or other symptoms that we've just been ignoring will now start to really bother us to the extent that we will feel that we must go to our health care provider and address them. We will also all have the urge to give up habits that we deem to be unhealthy, to lighten our diets, to take up activities that strengthen our bodies. Of course, those of us who are stubborn and continue to ignore those aches and pains until they become extreme will suffer the consequences. These are just some of the effects of this energy. During this time, we will also be hearing about amazing cures for diseases. In this year, we will hear about cures for diabetes, for Alzheimers, for arthritis, for multiple sclerosis, for many kinds of cancers, for all kinds of ailments that have previously been considered to be incurable. But the most amazing thing is that in this year, we will hear about breakthroughs in the understanding of the workings of the human body and the development of supplements that will have the effect of prolonging human life at optimum health for 25-50 years. These supplements will be available to the public by the year 2013. So I'm telling you (and I'm absolutely sure of this) that our children and grandchildren have the probability, barring accidents, of living in healthy bodies that do not form cancers, arthritis, diabetes - any of these ailments - and that are capable of skiing, dancing, and living full, active, productive lives into their 100's.

So you see...there are wonderful things that are coming out of the energies of these times. I know we get thrown out of balance by them and I understand that change is pretty scary, especially when that change feels like life rips the rug out from beneath us and makes us start all over again...but there is a promise that by the time we end our time in this dimension, we will look back at the events of this time and be grateful for them. For although they may be uncomfortable to experience, they bring us into better times and into a greater understanding of what is truly important.

The world is in a time of rapid, tumultuous change. There are discoveries that will prolong life at the same time that there seems to be a mass exodus from this dimension. Almost everyone I know has someone in their life at this time who is struggling with a life-threatening ailment; and almost all of us are losing people we love. Even though we know they've gone "Home", and we know that we'll see them again (in fact, we often know that they're in our presence every day), we still miss their hugs and the sound of their laughter. We're all going to be touched by these times, because we're all connected. But it's really important for us to keep reminding ourselves that it's all good, that it's all in purpose, and that it will all result in something wonderful. And to keep thanking Spirit for shining a Light on our path so that we're not walking in the dark.

Stay focused on the Light,

Dixie Yeterian